

# Summer Yoga Stories

Name **Aadya**

Age **8 yrs**

## WHAT WE LEARNED



**50+**

Yoga poses that made us strong, flexible and balanced.



**10+**

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



**15+**






Yoga stories through which we improvised, used our bodies creatively, explored different cultures and built empathy

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## SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
<b>SOCIAL</b> 	Listening & Attention			★
	Participation		★	★
	Communication		★	
<b>PHYSICAL</b> 	Overall Fitness			💪
	Flexibility			💪
	Balance			💪
<b>INTELLECTUAL</b> 	Memory			🧠
	Comprehension			🧠
	Focus			🧠
<b>CREATIVE</b> 	Imagination		🌈	
	Improvisation		🌈	
<b>EMOTIONAL</b> 	Reflection		💜	
	Self-awareness		💜	

## Takeaways

Aadya began her sessions very shy but as we progressed, she opened up wonderfully and was such a blessing in the sessions to motivate her peer learners to do better. I was impressed by her motivation to keep working on her flexibility and she was always keen to push her limits to perfect the poses. Kudos Aadya! Well done.